

555 GOLF ACADEMY

'PERFORMANCE EXCELLENCE'

13 ARTICULATING JOINTS

This 'Physiology ('Kinesiology') is all about 'Hard Boney Structure' ('The Skeletal Assembly') and the 'Soft Tissues' drape ('The Human Rubber Bands'), which create movement about the 'Boney Joints'.

'Muscles' generally exist and perform in pairs. If the one side of the pair is 'Contracted & Shortened' ('Tetanous'), the other shall be 'Relaxed & Lengthened' ('Tonus'). A good example is doing well-known 'Biceps Curls'. When you are lifting the weight, the 'Biceps, front of the 'Upper Arm Musculature', is Contracted or Shortened'. Simultaneously, the 'Triceps' back of the 'Upper Arm Musculature' is 'Relaxed & Lengthened'. We are a masterful exercise in 'Human Physiological Balance'. Hope you can use your body wisely and in comfort. Few manage to accomplish this very important and challenging feat.

So, what the heck is an '**Articulating Joint**' anyway? All this means is that your 'Joints Move' in specific manners, some complex (rotary) and other more simply (bi-directionally). The 'Ankle and Wrist' are examples of highly complex 'Articulating Joints' while the 'Fingers and Toes' are of the simple variety managing only 'Up and Down' or what we call 'Extensor and Flexor'.

When we talk about these '**13 Articulating Joints**', we are referring to primary or major joints. This does not include fingers and toes! Or is you have a tendency to '**Get Your Nose Out Of Joint**', that is not included!

How can we reduce the effort required to understand and remember '13 Of Anything'? Develop a system!

Your '**13 Articulating Joints**' have that kind of system, just for you! Your '555 Golf Academy Team' has divided these joints into two categories; those of the 'Lower Body Machine' (LBM) and those located in the 'Upper Body Machine' (UBM).

You know the '5 SET-UPS' and the '5 CONTROLS' for sure. If not, get out your copy of the 'Golfmyth Collection' and simply turn to your 'Friendly Tour Guide Index'. You will find several references to this material. Take a look!

7 LBM JOINTS:

When you set your 'CHIN Tallish' ('POSTURE') you immediately take care of 'Seven' of the '13 Articulating Joints'. You get them simply ready to perform in your most basic 'SET-UP' Procedures or Routine. With your 'CHIN Tallish' you establish 'Hip Sockets To Sternum CLEARANCE' that is so necessary for your 'Rotational Engine' to work.

The '7 LBM' primary joints are; 1)Ankles (2 each), 2)Knees (2 each), 3)Hips (2 each) and, a little more subtle, your 'Neck'! So your math tells you that is $2+2+2+1=7$.

6 UBM JOINTS:

When you set you 'Lever Assemblies' to 'Address Ready' or to 'IMPACT FIX' which means 'Extended or Deep, Flat and Wide', you are lengthening all you six 'UBM' 'Articulating Joints'. In doing so, you have them in their 'Working Position' by simply 'Extending Your Hands and the Golf Club' to the 'Bottom Of Swing Arc'!

The '6 UBM' primary joints are; 1)Shoulders (2 each), 2)Elbows (2 each) and your 'Wrists' (2 each). Back to your math which tells you that $2+2+2=6$.

Elementary my dear Watson, $6+7=13$!

It is our intention that you learn the 'Function and Feel' of these joints in every moment and movement of your 'Golf Swing' for they are ever-present and virtually never off duty! You cannot leave home without them! All of them!

We hope this unique information helps you better understand your 'Golf Swing'. We are confident it shall. Questions? Call! We are here because you are there! Both dedicated!

Work hard and play well!

Earn it!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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